

APRIL IS WELLNESS MONTH



MIND 1-5

1M

2T

3W

4TH

5F

Staff Pilates w/
Lindsay Chapman
8AM

Family Yoga +
Mindfulness w/
Eva Pinkley, 8AM

BODY 8-13

8M

9T

10W

11TH

12 F

Giveaway!
Apples from
Fishkill Farms

Giveaway!
Mandarins from
Trader Joes

Giveaway!
Happy KIDDS
Toothbrush Kits

Giveaway!
Bananas from
Gourmet Fresh

Giveaway!
Nut-free granola
from Emma's Torch

Sonic Soccer

Johnny Karate :
Grade 4

Johnny Karate :
Grade 4

Park Slope United

Everyday Athlete

Zumba!
Family class
5:30PM

Johnny Karate :
Grade 5

Lunch Club on
Eating Well :
Grade 3

Garden to Cafe

Family Open Gym
Night, 5-6:30PM

13 SAT

Soul Cycle
PTA Fundraiser
(water bottle
refilling stations)

SOUL 15-19

15M

16T

17W

18TH

19F

Mindful Coloring
w/ Ms. Valle :
Staff & Grades 3 - 5
8:15AM

Yoga & Mindfulness
w/ Shayna Wellington :
Grades 2

Yoga & Mindfulness
w/ Shayna Wellington :
Grades 2

Yoga & Mindfulness
w/ Shayna Wellington :
Grades 2

Unplugged Night

Earth Day Fun Run
for Little Sun



TRADER JOE'S



everydayathlete®



gourmet fresh

